

THE EAGLE



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70th Intelligence Wing
Fort George G. Meade, Maryland

January 2003

In Brief

Post-holiday finances

Now is the perfect time to establish a budget or action plan to get back on track before the holiday bills start to roll in. Or maybe you have some specific financial goals for 2003. Whatever the financial situation is, the 70th Intelligence Wing Command Financial Specialists can assist. There are several professionally trained CFSs throughout the wing ready to provide financial education, counseling, budget development, and consumer assistance. Call 301-677-3617 to arrange an appointment.

Pre-deployment/TDY checklist

The family support office can help prepare for a deployment in many ways, including:

- ▶ The Hearts Apart program
- ▶ Deployment Information package (courtesy of the Health and Wellness Center)
- ▶ Free Communication Pack (courtesy the HAWC)
- ▶ "Return and Reunion" cd-rom
- ▶ Key Spouse Support Group
- ▶ Pre-deployment Brief
- ▶ Morale calls
- ▶ Video teleconferencing
- ▶ Free AAFES auto check
- ▶ Free AT&T phone card (courtesy of the Air Force Aid Society)

Don't leave without completing your pre-deployment checklist and miss out on all these opportunities. For more information, call TSgt. Kirkland Brown at 301-677-3617.

U.S. troops deploy to Gulf

by Jim Garamone

American Forces Press Service

WASHINGTON (AFPN) — Thousands of American servicemembers are deploying to the U.S. Central Command area of operations.

The largest deployment is that of the Army's 16,500-man 3rd Infantry Division to Kuwait.

The division's 2nd Brigade is already in Kuwait. The 3rd Brigade, based at Fort Benning, Ga., flies out this week for Southwest Asia. The 1st Brigade, based at Fort Stewart, Ga., the aviation assets and other support elements will follow later this month.

Some 3,500 sailors and Marines of the Tarawa Amphibious Ready Group left San Diego on Jan. 6. The 15th Marine Expeditionary Unit will join almost 1,000 members of the 1st Marine Expeditionary Force already in the region. The amphibious assault ship USS Tarawa and the dock landing ships USS Mount Vernon and USS Rushmore form the core of the ready group.

See "Gulf," page 4



Photo by SSgt. Matthew Hannen

Airmen move beds from an eight-man tent to a 12-man tent to make way for a troop buildup at a forward-deployed location.

MyPay now offers W-2 forms on-line

ARLINGTON, Va. (AFPN) — Servicemembers, military retirees and annuitants will have their account statements and tax information online courtesy of the Defense Finance and Accounting Service's myPay.

In January, active-duty and reserve customers can view and print current-year W-2 using myPay, a secure, online system. The system allows retirees to view and print their account statements.

Annuitants can view and print their account statements and 1099R tax statements,

plus they can print 1042S tax statements, copies of their report of existence and submit the form.

To use myPay, members of the armed forces, Defense Department civilian employees, military retirees and annuitants can use their social security numbers and personal identification numbers to log onto the system at <https://mypay.dfas.mil>.

Customers with questions about myPay can call customer support at 800-390-2348 Monday through Friday 7 a.m. to 7:30 p.m. EST.

Commander shares thoughts on 2003 resolutions

by Col. James O. Poss

70th Intelligence Wing Commander

A lot of folks make resolutions at the beginning of the year. I know I usually resolve to pay more attention in church (which I usually do pretty good at) and to stop getting so mad when the Saints lose (which I get a lot of opportunity to practice.)

If you're in the mood to make a resolution for personal improvement, keep in mind the Air Force is there to help you. Job training, formal/informal education, and personal health are some of the broad categories in which the Air Force offers assistance to improve yourself.

I am a strong proponent of self-improvement. Even at my level, I am constantly learning new skills and information to apply to my job. I find ways to expand my education, mostly through informal means. With our global responsibilities, there are always more regions of the world to explore through education. I know that maintaining my physical fitness



Photo by MSgt. Rick Corral

Col. Poss presents the 2002 Holiday Spirit Award for the best decorated door in the Bldg. 9805 headquarters hallway. Accepting the award for room 205 are SSgt. Stacie Golden and SSgt. Nicole Goldsmith, both of the 694th Support Squadron Military Personnel Flight.

makes me more efficient at work.

With all the folks who have finished Airman Leadership School recently, I know there are a number of folks enrolling in Career Development Courses. Similarly, many officers and NCOs, who have recently been promoted or selected for promotion, have an opportunity to take the appropriate Professional

Military Education course for their new grade.

This wing also has an outstanding reputation for using tuition assistance. One of the areas where we received more money was in the tuition assistance program, because the Air Force knows you will put that money to good use.

The wing chaplain has added a workshop to the educational offerings at the

wing. While less formal than a university class or PME, the Applied Suicide Intervention Skills Training will give you valuable skills to help your friends and co-workers. This workshop is scheduled five times during the rest of the fiscal year. If you are interested, please contact the wing chaplain to sign up.

On the physical fitness front, I hope you will take advantage of the refurbished Eagle Fitness Center. Remember the standard safety considerations associated with any fitness regimen. It is difficult to enjoy the benefits of being fit if you sprain joints or strain muscles, but with a few precautions you can quickly join your peers in the gym and in the great outdoors.

Whether you have chosen to make any New Year's resolutions or not, I hope you will continue to seek self-improvement in its various forms. I wish you a healthy, happy, and prosperous New Year. And GEAUX SAINTS! (you have to be from Nawlin's to get this one!)

Commander's Action Line

A direct link to the 70th Intelligence Wing Commander

The action line is a monthly column designed to address the questions and concerns of members of the 70th Intelligence Wing.

The column is intended as a forum to support individual concerns and should be used in conjunction with the chain of command, inspector general, chaplain, or other professional means.

Try to resolve issues and problems at the lowest level possible. If you feel you are not getting satisfactory results, you may direct your concern to this forum.

Questions and concerns must be accompanied by a complete name, phone number or e-mail address for official responses. For privacy concerns, names will be withheld from newsprint on request. All Action Line items will receive the commander's attention. Action items can be brought into the public affairs office in building 9805, room 205 or e-mailed to 70iw.pa@ft-meade.af.mil.

Also, look for an Action Line link on the 70 IW web page.



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THE EAGLE is a monthly publication. Deadline for submissions is the second Monday of the month prior to publication. Call Public Affairs at 301-677-0838/0600 with story ideas or items of interest. Public Affairs is located in Bldg. 9805, room 205.

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Air Force changes high year of tenure

by Maj. John J. Thomas

Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN)—Airmen serving in most enlisted ranks will now have an additional two years available to serve on active duty.

The change, effective Jan. 1 and approved by the secretary of the Air Force recently, is part of an initiative to retain enlisted people's skills and experience, Air Force Personnel Center officials here said.

The revised high-year-of-tenure policy means senior airmen can serve up to 12 years of total service; technical sergeants up to 24 years; master sergeants up to 26 years; and senior master sergeants up to 28 years. Remaining unchanged are staff sergeants at 20 years and chief master sergeants at 30 years.

"Extending years in service will increase our ability to adequately sustain a highly skilled enlisted force and reduce experienced-noncommissioned officer shortages created by both the drawdown in the early '90s, and lower retention trends for the past several years," said Chief Master Sgt. of the Air Force Gerald Murray. Seen as a good option for most airmen, later HYT dates may affect the status of assignments, promotions, re-enlistments and evaluations for thousands of enlisted members, said officials.

"No one will be forced to stay longer, but a lot of people will be able to—if it fits their plans," said Master Sgt. Mike Hall, superintendent of retirements here. "We encourage everyone near their high year of tenure to visit their local military personnel flight, especially those with planned or pending assignments, separations or retirements."

In the case of senior airmen, HYT dates will automatically be extended to 12 years, regardless of any scheduled

separation date after Dec. 31. Those planning to leave the service soon may be allowed to continue to serve at their current duty location or be reassigned, based on Air Force needs, officials said.

Those airmen who have already spent government funds associated with a separation or retirement will be exempt from the changes, officials said. Typically that includes people who have already shipped household goods, a car, or if their families have already moved using government funds.

"This policy change gives the Air Force the flexibility to keep our experienced people longer. It's the right thing for the Air Force since we are a retention-based force," said Maj. Gen. John Speigel, who is in charge of personnel policy at the Air Staff. "It should help us alleviate increased stress on some of our career fields and, at the same time, relieve some recruiting and training requirements."

"We have a pretty comprehensive set of instructions, but each case may be a little different. We understand that," Hall said. "It's best for everyone to be sure they understand how these changes will affect them personally."

"For instance, the system will not automatically set a person's retirement date based on the high year of tenure," he said. "And although members' HYT dates will be extended, that will not automatically extend their projected (dates of separation)."

The last revision of HYT dates was in 2001, according to officials. At that time maximum years of service for technical sergeants was increased from 20 to 22 years.

Policies associated with years of service and high year of tenure will continue to be reviewed periodically to ensure they are meeting the needs of the Air Force and Air Force people, officials said.

Wing members help commemorate Vietnam memorial



Courtesy Photo

TSgt. Elizabeth Deneke of the 70th Intelligence Wing reads from the list of names at the Vietnam Memorial.

by Capt. Tim Gameros

91st Intelligence Squadron

More than 55 members of the 70th Intelligence Wing participated in the 20th Anniversary Commemoration of the Vietnam Veterans Memorial on the National Mall recently. Hundreds of volunteers from around the country spent days reading the names of the service members listed on the wall.

The memorial wall lists the names of the 58,229 American military members who gave their lives or remain missing in Vietnam. The reading of the names began on Nov. 7, and over the course of four days, every name was read from a podium at the apex of the wall. Hundreds of American volunteers from all walks of life joined together in reading the names.

The commemoration culminated in a Veteran's Day observance Nov. 11. Thousands attended the anniversary ceremonies, including many Vietnam veterans, their family members, and visitors from other countries. The Reading of the names has only been conducted twice before – during the original dedication of the memorial in November 1982 and at its 10th anniversary.

The 70 IW's participation in this commemoration was sponsored by Chapter 254 of the local Air Force Sergeants Association. For information about joining Chapter 254 of AFSA, contact MSgt. Jim McCorkle at 301-688-9105.

Wouldn't your family love to see your picture in the newspaper?

Fill out a Hometown News Release regarding your next accomplishment, and let your family and friends share in the celebration!

Just fill out a DD Form 2266 (HTNR) and email it to public affairs at:
kristina.brown@ft-meade.af.mil

Wing boxing champ places fifth in nation, leans toward Olympics



Photo by Ms. Yolanda Hunter

SrA James Dubois (left) competes at the all Air Force Championship last year.

by SSgt. John Waldron

543d Intelligence Group Public Affairs

As a young boy growing up in Dallas, Texas, SrA James Dubois sat spellbound in his living room as his father and grandfather told stories about their days competing as Golden Gloves and Navy amateur boxers. By the time he was 8, the now-Air-Force boxer was already hooked on the sport.

Today, Dubois, who recently placed 5th in the nation following the U.S. Men's National Championship at Las Vegas, attributes much of his success to the strong support he receives from his family.

"My father and grandfather come to all my matches," he said. "Having them sitting ringside really motivates me to keep going toward my dream of boxing in the next Olympics and eventually going professional."

Dubois, 22, is currently serving with the 93rd Intelligence Squadron at Lackland Air Force Base. A three-time All Air Force Featherweight Champion with a record of 45-18, Dubois said it takes discipline to stay focused.

"It is always a challenge to balance a

full-time career in the Air Force with the demands of training," he commented. "In order to get in 26 hours of training a week, I usually get up at 5 a.m. and do two hours of conditioning before leaving for work."

Being nationally ranked, according to Dubois, was a big step towards achieving his dreams. "It took a lot of work to get to the point where I could be nationally ranked," he explained. "From here I plan on training hard and learning as much as I can to stay competitive."

SMSGt. Raymond Carger, head coach of the All Air Force Boxing Team, said Dubois possesses the skills it takes to make it in boxing. "James is a gifted kid who can do almost anything," said Carger. "He has a lot of natural ability and is able to keep his punches really sharp when he is in the ring."

Carger, a four-time All Air Force Heavyweight Champion himself, expects the future to be bright for Dubois. "He has unlimited potential as a boxer right now," said Carger. "From here, he will be concentrating on winning the Armed Forces Championship in 2004, which would earn him a spot on the U.S. Boxing Team in the next Olympics."

"Gulf," from page 1

The Air Force is also deploying personnel and aircraft to the region. Airmen from the 1st Fighter Wing at Langley Air Force Base, Va., will deploy with F-15 Eagles.

Moody Air Force Base, Ga., is deploying HH-60 Pave Hawk helicopters and C-130 Hercules aircraft to the region.

The 4th Fighter Wing of Seymour Johnson Air Force Base, N.C., will deploy with F-15E Strike Eagles.

Airmen from Nellis Air Force Base, Nev., will deploy with the 15th Reconnaissance Squadron (RQ-1 Predator unmanned aerial vehicles), the 58th Rescue Squadron and the 66th Rescue Squadron.

The 28th Bomb Wing at Ellsworth Air Force Base, S.D., will deploy about half its B-1B Lancer bombers.

E-8C Joint Surveillance Target Attack Radar System aircraft from Robins Air Force Base, Ga., will deploy to the region, as will F-16 Fighting Falcons from the 52nd Fighter Wing at Spangdahlem Air Base, Germany.

Special operations aircraft, such as AC-130 gunships, MC-130 Combat Talons and MH-53 Pave Low helicopters, will deploy from Hurlburt Field, Fla.

In addition, KC-10 Extender and KC-135 Stratotanker aircraft from around the world will support the effort, Air Force officials said.

More deployment announcements are expected, said DOD officials. (Courtesy of American Forces Press Service)

Great story idea?

*Don't keep it to yourself!
Call the public affairs office
at 301-677-0600/0838,
or email*

*SSgt. Kristina Brown at
kristina.brown@ft-meade.af.mil
Everyone's got a story to tell!*

NCO discovers unofficial history of unit ballcaps

by MSgt. Rick Corral

70th Intelligence Wing Public Affairs

Piled neatly on my closet shelf, next to boxes of photographs and sewing supplies, is a stack of more than 50 baseball caps. They don't represent sports teams, but rather military units and media outlets.

In more than 25 years in the Air Force, I never really thought about, or even considered really, why I saved them, but there they sit just the same. I say I didn't think about them, but what I meant was I didn't think about them until walking from the parking lot to the office one morning.

A young Army private first class, looked up at me as we passed and politely asked why I wear a baseball cap in my uniform. For more than a quarter century, I didn't have an answer.

From the time we are assigned to our first Air Force unit, we are given the option of wearing a standard camouflage cap while wearing the Battle Dress uniform or the unit baseball-style cap.

These baseball style caps come in a variety of colors, depending on if you are assigned to a maintenance unit, a civil engineering unit, or one of the many other AF units. My first cap was red with a three inch "FD" centered just above the bill. I couldn't be more proud, for I was an Air Force fire fighter.

But with all the different colored caps adorned with different letters or patches, the driving question still is, "Why?"

The young private's question echoed in my head? Why baseball caps? I decided



Photo by MSgt. Rick Corral

A collection of unit baseball caps worn by Air Force members.

to find the answer!

Who knew it would take more than three years of dead-end research, only to be answered during a recent trip to a local veterans hospital.

I'd made many visits, but this one was the first while dressed in BDUs. As I went from room to room sharing adventurous stories with the hospitalized vets, I carried my 70th Intelligence Wing ball cap in my hand. Its regulation black color with the wing patch sewn center front and above the bill didn't seem overly

attractive, but it immediately caught the attention of 87-year-old John as he rested in his hospital bed.

"I hope you have a few good war stories," said John, who flew as a crewmember in B-25s during World War II, as he sat up in bed. "I saw your hat and didn't realize that the Air Force still wore baseball caps in uniform."

Shocked at that simple

statement, I prodded John for more details and then asked him if he knew why the AF wore baseball caps.

"The ball caps were not issue items," said John. "Wearing them just happened to be a popular thing to do. We would fly those long missions over occupied Europe wearing our flight gear. When we got back to the base and got out of the bomber and

gear, we just naturally put on our favorite baseball team cap. It was a bit of pride, a connection to home and a

way to show a little team spirit."

"Maybe you've seen those old movies where the good guys try to make sure the other guy is a good guy by asking him baseball questions. I don't remember hearing things like that, but we did have our favorite team's ball cap, and that really meant a lot to us!"

"You could tell right away, by

the ball caps, which were the flyers," added David, a B-17 tail gunner who flew more than 10 missions during WWII over Germany.

"The first thing we did when we jumped out of the bomber is put on the ball caps. I had a Yankee's cap that I had for years. Besides my letters, it was my one connection to home. The Army didn't tell us we couldn't wear them, so it kind of became a tradition for the flyers."

So, after years of asking why, it all came down to old war stories from WWII bomber crewmembers and a non-official tradition of the Army Air Corps.

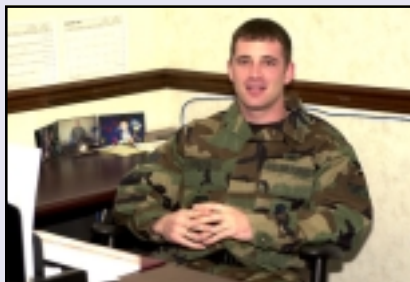
It started out as team spirit for boys and young men who reached out for a bit of home after experiencing the horrors of war and somehow evolved into the 21st century unit cap.

Although my military career is coming to an end, I'll forever remember why, for 25 years, I wore a baseball-style cap as part of my uniform. All because a young Army private asked, "Why?" and a B-25 veteran shared his love of the home team.

(Editor's Note: This story is not intended to be an official statement about the history of the unit "ball cap" in the Army Air Corps or United States Air Force, but rather a possible scenario for the caps' tradition. Both John and David are Hospice patients at a local veterans hospital. Both requested their complete name and hospital location not be used due to their health conditions.)

Eagle Warrior

70th Intelligence Wing
Security Forces
Airman of the Year



SrA Thomas Debrosse
694th Support Squadron,
Security Forces

Years of service: 3.5

Hometown: Tulsa, Okla.

Family: 4-year-old son, Christian

Job Title: Personnel Security Specialist

Primary duties and responsibilities:

"Anything and everything that has to do with Air Force members' security clearances.

Most rewarding job aspect: "Working with people and knowing when they leave my office, I gave them the best I have to offer."

Goals: "Basically do the best I can in everything I do, and everything else will fall into place. To include school, work, family and play."

Hobbies: Basketball

Favorite aspect of Fort Meade: "The local area; there's a lot of things to do if you get out there."

What would you change about Fort Meade?

"The quality of life for the airmen who live in the dorms. With the NSA campus entry policies, it makes it hard for them to have a half-way decent personal life.

70th Intelligence Wing salutes ...

Airman Leadership School Graduates, Class 2003-B

70th Intelligence Wing Airman Leadership School Award Winners

John L. Levitow Award

SrA Alexis Watkins, 22nd Intelligence Squadron

The Leadership Award

SrA Christopher Delsid, 22nd Intelligence Squadron

Distinguished Graduate Awards

SrA Christopher Delsid, 22nd Intelligence Squadron

SrA Cetericka Lomas, 22nd Intelligence Squadron

Academic Achievement Award

SrA Cetericka Lomas, 22nd Intelligence Squadron

~~~~~ Class 2003-B graduates: ~~~~~

Nighthawk Flight

22nd Intelligence Squadron

SrA Shannon Barba
SrA Jonathan Cummins
SrA Christopher Delsid
SrA James Etheredge
SrA Michael Simkins
SrA Cetericka Lomas
SrA Marina Ogden
SrA Jason Pierce
SrA Franklin Thompson
SrA Jason Williams

29th Intelligence Squadron

SrA Sammara Evans
SrA Alisha Green

32nd Intelligence Squadron

SrA Kimberly Bruno

91st Intelligence Squadron

SrA Rachell Roach

94th Intelligence Squadron

SrA Sean Hickey

694th Support Squadron

SrA Timothy Bucher

Sentry Flight

22nd Intelligence Squadron

SrA Stephen Brown
SrA Alethea Cummins
SrA Teresa Dize
SrA James Lamb II
SrA Joshua Nichols
SrA Mary Ossiander
SrA Alexis Watkins

29th Intelligence Squadron

SrA Maritza Waybright

32nd Intelligence Squadron

SrA Pamela Bossom
SrA Jeronimo Cordova-Estrada II
SrA David Londono

91st Intelligence Squadron

SrA Wylvek Thomas

94th Intelligence Squadron

SrA David Creagh Jr.
SrA Michelle Harte
SrA Jerald Jones

694th Support Squadron

SrA Thomas Debrosse

70 IW 2002 Annual Communications and Information Awards

Communications Computer Systems Maintenance Airman of the Year

SrA Gary Redpath, 373d Support Squadron

Communications Computer Systems Maintenance NCO of the Year

TSgt. Brian Vannierop, 373d Support Squadron

Communications Computer Systems Maintenance SNCO of the Year

SMSgt. Neal Ada, 373d Support Squadron

Information Manager Airman of the Year

A1C Jason Booze, 373d Support Squadron

Information Manager NCO of the Year

TSgt. Lisa Thomas, 694th Support Squadron

Information Manager SNCO of the Year

SMSgt. Vanessa Robinson, 70th Intelligence Wing

Communications Computer Systems Specialist Airman of the Year

SrA Raphael Sorhaindo, 93rd Intelligence Squadron

Communications Computer Systems Specialist NCO of the Year

TSgt. Donald Johnson, 93rd Intelligence Squadron

Communications Computer Systems Specialist SNCO of the Year

MSgt. Christopher Chevalier, 70th Intelligence Wing

Communications Computer Systems Company Grade Officer of the Year

Capt. Matthew Miller, 70th Intelligence Wing

Safety office provides winter driving facts, tips

Courtesy of 70th Intelligence Wing
Safety Office

The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter season and knowing how to react if stranded or lost on the road are the keys to safe winter driving and survival.

Winterize your vehicles

Before the dead of winter, get your vehicle "winterized" and have the following items checked:

- ▶ Battery
- ▶ Antifreeze
- ▶ Wipers and windshield washer fluid
- ▶ Ignition system
- ▶ Thermostat
- ▶ Lights
- ▶ Flashing hazard lights
- ▶ Exhaust system
- ▶ Heater
- ▶ Brakes
- ▶ Defroster
- ▶ Oil level (If necessary, replace existing oil with a winter grade oil of the SAE 10w/30 weight variety.)
- ▶ Check vehicle tires. Make sure the tires have adequate tread and are properly inflated to the recommended pressure. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.
- ▶ Keep a windshield scraper and small broom for ice and snow removal.
- ▶ Maintain at least a half tank of gas at all times during the winter season.
- ▶ Plan long trips carefully. Listen to the radio or call the state highway patrol for the latest road conditions. Always travel during daylight and, if possible, take at least one other person.
- ▶ If you must go out during a winter storm, use public transportation whenever possible. Dress warmly, and wear layers of loose-fitting, layered, lightweight clothing.
- ▶ Carry food and water. Store a supply of high energy "munchies" and several bottles of water.

Contact your local emergency management office or American Red Cross chapter for more information on winter driving.

Winter car kit

Keep these items in your car for emergency situations:

- ▶ Flashlights with extra batteries
- ▶ First aid kit with pocket knife
- ▶ Necessary medications
- ▶ Several blankets
- ▶ Sleeping bags
- ▶ Extra newspapers for insulation
- ▶ Plastic bags (for sanitation)

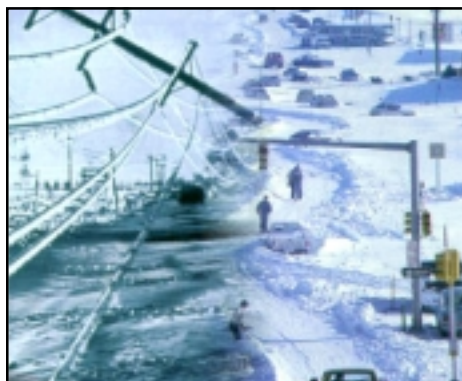


Photo courtesy of the National Weather Service

- ▶ Matches
- ▶ Extra set of mittens, socks, and a wool cap
- ▶ Rain gear and extra clothes
- ▶ Small sack of sand for generating traction under wheels
- ▶ Small shovel
- ▶ Small tools (pliers, wrench, screwdriver)
- ▶ Booster cables
- ▶ Set of tire chains or traction mats
- ▶ Cards, games, and puzzles
- ▶ Brightly colored cloth to use as a flag
- ▶ Canned fruit and nuts
- ▶ Nonelectric can opener
- ▶ Bottled water

If trapped during a storm

What to do if trapped in a vehicle during a blizzard:

- ▶ Stay in the car. Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow.
- ▶ Display a trouble sign. Hang a brightly colored cloth on the radio antenna and raise the hood.
- ▶ Occasionally run the engine to keep warm. Turn on the car's engine for about 10 minutes each hour. Run the heater when the car is running. Also, turn on the car's dome light

when the car is running. **Beware of carbon monoxide poisoning.** Keep the exhaust pipe clear of snow, and open a downwind window slightly for ventilation.

- ▶ Watch for signs of frostbite and hypothermia.

Frostbite symptoms: A loss of feeling and a white or pale appearance in fingers, toes, or nose and ear lobes are symptoms of frostbite.

Hypothermia symptoms: Uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion are some signs of hypothermia.

- ▶ Do minor exercises to keep up circulation. Clap hands and move arms and legs occasionally. Try not to stay in one position for too long. If more than one person is in the car, take turns sleeping.

- ▶ For warmth, huddle together. Use newspapers, maps, and even the removable car mats for added insulation.

- ▶ Avoid overexertion. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Be aware of symptoms of dehydration.

Wind chill

"Wind chill" is a calculation of how cold it feels outside when the effects of temperature and wind speed are combined. A strong wind combined with a temperature of just below freezing can have the same effect as a still air temperature about 35 degrees colder.

Storm watch vs. storm warning

- ▶ A winter storm watch indicates that severe winter weather may affect your area.
- ▶ A winter storm warning indicates that severe winter weather conditions are definitely on the way.
- ▶ A blizzard warning means that large amounts of falling or blowing snow and sustained winds of at least 35 miles per hour are expected for several hours.

Following these simple tips and being prepared at all times could mean the difference between life and death during a severe winter storm.

Tops in Blue visits Meade



Photo by SSgt. Kristina Brown

(Above) The 2002 Air Force Tops in Blue team performs at the Fort Meade Fest Tent taking the audience on a musical journey across the country on a train called 'Spirit of America.' The show includes a wide variety of music and dancing and a grand finale featuring 'God Bless the USA.' This was the team's first visit to Fort Meade in more than five years. (Right) The 22nd Intelligence Squadron's own SrA Marcie Mascaro is touring with this year's team and said it felt great to be able to bring the show back home.



Photo by SSgt. Kristina Brown

No pain, no gain!



Photo by SSgt. Kristina Brown

TSgt. Rafael Carbuco, 694th Support Squadron Health and Wellness Center staff, administers the flu shot to MSgt. Leonard Spann, 694th Support Squadron Military Personnel Flight, while Spann puts on a brave face for the benefit of the rest of the people waiting to get flu shots this year.



Photo by SSgt. Kristina Brown

Locker room face lift

(From left) Commander Christopher Taylor, executive officer of Naval Security Group Activity, Col. Kathryn Gauthier, 694th Intelligence Group commander, and Col. Lawrence Polkabla, the 70th Intelligence Wing's Individual Mobilization Augmentee, cut the ribbon for the Eagle Fitness Center's newly renovated locker rooms. The renovation greatly expanded the locker rooms in size and added conveniences like extra counter space, more electrical outlets and saunas in both the male and female sides.